THE Lions' Pride
OF SAINT LEO UNIVERSITY

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Award winning writer Rebecca Skloot speaks out

BY JESSICA PALL
Lions' Pride Online Editor

"The HeLa cell has affected every person in this room either through a developed vaccine or antibiotic, yet virtually no one knows the origin of this cell and whether its donor gave their consent or not," said Rebecca Skloot, award winning author.

Skloot came to Saint Leo University on Tuesday, September 28 to discuss and read excerpts from her new book. *The Immortal Life of Henrietta Lacks* is a rich, resonant tale of modern science [because of]the wonders it can perform and how easily it can exploit society's most vulnerable people," said Publishers Weekly.

Many researchers have used HeLa Cells in their laboratory and in research for their graduate thesis, but most don't know that these cells came from Henrietta Lacks, a black woman living during 1920-1951 in Virginia.

The Immortal Life of Henrietta Lacks, which was available for sale February 2, 2010, has become widely read because it confronts questions concerning bioethics, such as who can profit off of human biological material and what does this mean for the advancement of science?

"I felt it was my role as a journalist to put the story out there for the public to learn, and I feel that it helped the Lacks family let go of their anger and hurt,"said Skloot.

Bioethics, essentially the ethics practiced in medicine, has become a relevant issue today for many people as science continues to take strides forward in advancement.

"As a scientist, the talk made me think about where the cells you are using originate, because in lab you use random cells and you don't stop to think about where they come from. Overall, I think Henrietta's story is one everyone should know about because it promotes awareness about bioethics," said senior biology major Daniel Salahuddin.

The truth about Henrietta Lacks's story is that a doctor from John Hopkins Hospital cut a sample of a cancerous tumor on her womb to be researched without her knowledge.

Because of their hardiness, her cells do not die easily and are easy to conduct research on. No one knows why they are so durable, but we do know the cells have been used all over the world for research and were essential in helping create the polio vaccine and for major advances in in-vitro fertilization, cloning, and gene mapping.

Because Lacks lived during a time when segregation was prominent and the black community had a long history of misuse for research, Skloot said it is one of the deepest ironies in science that a black woman's cells were used, and black doctors found a cure for polio for the whole world.

Since that first tumor sample, Lacks's original cells have multiplied to an almost inconceivable number. If one could pile all HeLa cells ever grown onto a scale, they would weigh more than 50 million metric tons—as much as a hundred Empire State Buildings.

The cells were at first freely given away for research because doctors were excited that an "immortal cell line" was finally created, but later a factory which mass produced the cells was opened, turning the first commercialized cell into a multimillion dollar industry.

Meanwhile, her family had no idea this was occurring. Although the family today has not received any financial benefit from Lacks's cells, Skloot has set up a foundation, the Henrietta Lacks Foundation, this past January, which has received enough money to send five of Lack's grandchildren to college and provide some support for health insurance. However, the Lacks family is still very poor and is mostly unable to afford health insurance. Her children wonder why they cannot afford to see a doctor if their mother was so important for medicine.

Photo by Greg Robinson
Rebecca Skloot takes questions from Saint Leo Students and Faculty

The conflict whether to give the family money or not is difficult because many other people have had samples of their cells taken without consent or research done on them without their knowledge and have also not been compensated. By giving them money now, would the future of science become inhibited with cost? Currently, the problem is still unresolved for what compensation the Lacks family should receive, if any.

Essentially, the book traces Henrietta's life and follows Deborah's acceptance of what happened to her mother and how it has impacted the world. Skloot said that the research she conducted and the relationships she formed with the Lacks family while writing this book opened her horizons immensely as she dealt with issues of class, race, religion and what it means to have access to education.

Skloot is an award-winning science writer whose articles have appeared in the New York Times Magazine, The Oprah Magazine, Discoverer, Columbia Journalism Review and others. Among other accomplishments, Skloot has an undergraduate degree in biomedical science from Colorado State University and an MFA in Nonfiction writing from the University of Pittsburgh.

"I advise you to always be curious," said Skloot as she addressed the students of the audience.

As Skloot first became curious about Henrietta Lacks in her eleventh grade high school chemistry class. "You never know what class you will be in that will make you stop and question what you learned; thus, always follow your moments of curiosity,"she told students.

Overall, the Lacks family is happy their story is being told, Skloot said. They live faith filled lives and have come to believe that the cells are a miracle, which have helped many people and still continue to do so.

More information about Rebecca Skloot, *The Immortal Life of Henrietta Lacks*, and the Lacks family can be found online at Skloot's website http://rebeccaskloot.com.

Florida elections less than a month away

BY GREG ROBINSON
Lions' Pride Multimedia Editor

Election Day is less than a month away, and Florida is a hotbed of coveted seats. The two races receiving the most attention are the race for a vacant seat in the Senate and the race for governor of Florida. Both elections are becoming tougher to predict as November 2 approaches.

The election to determine the vacant Senate seat is now focused on three individuals: Republican candidate Marco Rubio, Independent candidate and current governor of Florida Charlie Crist, and Democratic candidate Kendrick Meek. Rubio has been in the lead for most of the pre-election polls, with Crist trailing slightly and Meek solidly in third place.

Governor Crist is best-known for his support on researching alternative energy and his opposition to lifting the ban on drilling in the Gulf of Mexico off Florida's coast. Rubio is quite the opposite, supporting offshore drilling and exploration for more undersea oil reserves. Kendrick Meek is staunchly against offshore drilling and a strong supporter of alternative energy.

The race to determine the next governor of Florida is between Democrat Alex Sink and Republican Rick Scott. Scott narrowly defeated Florida's Attorney General Bill McCollum in the Republican Primary, while Sink ran virtually unopposed in her primary and gathered over 75 percent of the Democratic vote.

Democratic candidate Alex Sink is a vocal supporter of alternative energy as well, although she believes the money and jobs it would bring to Florida is of greater importance. Scott has pushed for offshore drilling in the past, but recently said he might hold off on that proposal if he were elected. Since Republican Rick Scott has never held public office before, there is little record of his stances on major issues.

The soon to be vacant Senate seat is currently held by George LeMieux, who was appointed by Crist after Republican Senator Mel Martinez resigned prior to the end of his term. Crist was criticized by the left and right for his decision to appoint someone he was close to and not someone more qualified. This has led to some accusations of him trying to "hold" the position until he could declare his candidacy.

When Crist first announced his intention to run for Senate, he was slated to run as a Republican. However, his support of President Obama's American Recovery and Reinvestment Act of 2009, as well as some of his moderate stances on crucial issues such as offshore drilling, caused much backlash from the Republican Party. Not wanting a slugfest with

Health and Wellness

Avoid the freshman 15 (Even if you're not a freshman)

BY CARSON HOLTON AND CHERALYN BARRINGTON
Lions' Pride Copy Editor and Layout Editor

Healthy choices are also available at the Lion's Lair

Photo by Greg Robinson

In a cafeteria filled with a delicious smorgasbord of food, it can be easy to make unhealthy choices or overeat. However, if dining choices are chosen carefully, a healthy, well-balanced meal can be created at each mealtime. One of the first things to do is check the nutrition facts on the cards that identify the food. Many of the cafeteria meal choices can unexpectedly have a ton of calories packed into them. A word of warning though, the nutrition facts are for a certain serving size which is usually unlisted, so use discretion when reading them. A good way to stay healthy at the cafeteria is to limit items that are fried or seem to have a lot of grease. Foods cooked with grease add many extra unhealthy fat calories that could otherwise be avoided by choosing healthier, and more filling alternatives.

Many accurate cafeteria nutrition facts are listed on LiveStrong.com, which is a site that helps to monitor nutrition intake and also exercise. If an account is created, the site allows users to input each item of food they consume, which can be pulled from a vast list of food types from many different brands. The site brings up a pie chart and breaks the food down into three categories: carbohydrates, proteins, and fats. The chart shows exactly how much of each category has been eaten for that day. It also counts up the amount of calories consumed each day. The site creates a personalized target amount of calories to eat each day based upon weight, age, and height. It compiles the number of calories necessary to eat to retain, lose, or gain weight or muscle.

The sections of the cafeteria that often have healthy food choices are the salad bar, the sandwich bar, the veggie station, the soup section, and vegetarian area. In addition to having plenty of interesting toppings and dressings for the salads, the salad bar sometimes has extras such as potato salad or fruit, which are delicious and healthy. If getting a salad, it is important to evaluate whether the toppings chosen are healthy. For instance, if the salad had three types of cheese, bacon bits, and a ton of creamy dressing, it probably contains a lot of calories, and may not be the healthiest choice. A less calorific, healthier alternative would be using spinach greens, vegetable toppings, perhaps one type of cheese, and a light dressing. Also, clear soups are typically low calorie and have nutritional ingredients, so be sure to check out the soup section.

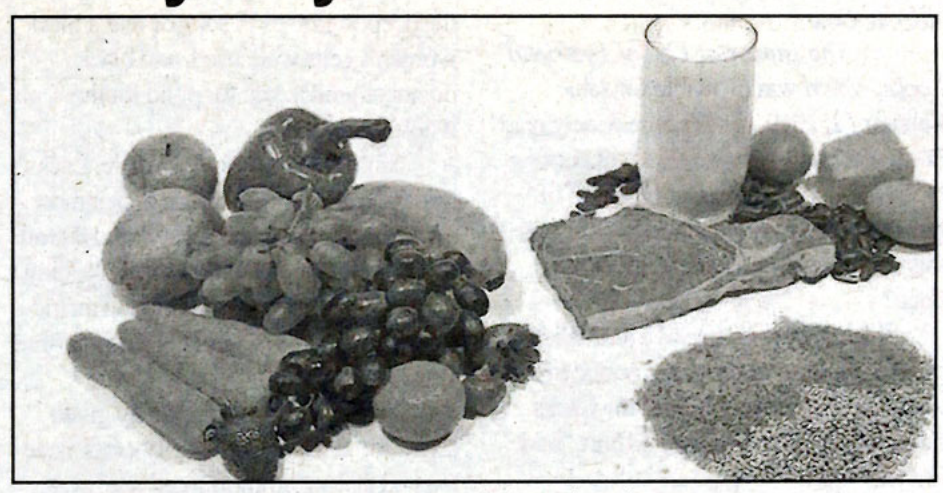
Finally, an important thing to consider when thinking of calories is drinks. Although people typically think about eating better on diets, drinking is as important to health, if not more important. A main concern when choosing a drink is that it hydrates. Soda and coffee can dehydrate, so it is a good idea to pick hydrating drinks like water, milk, or PowerAde to fill your quota. Soda is tasty, though it is high in calories because it contains a lot of sugar. A healthy, low calorie alternative to soda for waking up is coffee. Though juice can be healthy in small doses, it also has high sugar content, so be sparing with consumption. The best choices for staying healthy and hydrated are water, PowerAde, juice, and milk. For those who exercise, milk is a great drink for recovery, and is satisfying after a workout. However, it is not low calorie, so choosing reduced fat milk may be of interest.

Staying healthy may take a lot of effort, but those efforts are paid back with the benefits of having a healthy body. For more information on staying healthy and strong, be sure to check out LiveStrong.com.

Campus cooking: quick and healthy ways to dine inside

BY JORDAN COATES
Lions' Pride Editor in Chief

During college life, staying healthy and eating right can prove to be difficult. Time restraints and a low budget can sometimes hinder student's choices, causing them to eat unhealthy because it is either cheaper or more convenient. But never fear! Below are some quick, easy, and healthy recipes for on campus cooking.



Picking from different food groups creates a balanced meal

Courtesy of Microsoft Word

Breakfast: Cheesy Burrito
Ingredients:
1 small egg
salt and pepper
shredded, reduced-fat cheese
1 whole wheat flour tortilla
salsa

1. Heat a skillet over the stove.
2. Place tortilla on the skillet and warm.
3. Place the tortilla on a serving plate.
4. Whisk egg with salt and pepper.
5. Pour the egg mixture in the skillet and stir until light, fluffy, and cooked through.
6. Place the cooked egg in the middle of the tortilla. Sprinkle with cheese, top with salsa, and roll up the tortilla.

Lunch: Garlic Tortilla
Ingredients:
flour tortillas
1 serving cooking spray
1 tsp. garlic powder
1 oz. low fat shredded cheddar cheese

Pre-heat oven to 350 degrees F. Lightly coat the tortilla with cooking spray, then cut into triangles. Spray a baking sheet with cooking spray and place triangles on the sheet and bake for 6-8 minutes or until golden brown. Top with cheese and garlic powder and return to oven for about 2 minutes, or until cheese is melted, and serve.

Snack: Popcorn Melody
Ingredients:
3 1/2 cups popped popcorn
1 Tbsp. sliced almonds
3 Tbsp.raisins

Use either low fat microwave or hot air popped popcorn. Mix in raisins and almonds. Serve.

Dinner: Chicken, Peas, and Brown Rice
Ingredients:
Pre-cooked brown rice
frozen peas
chicken breast tenders
olive oil
sodium free soy sauce
oven-roasted sliced almonds

1 Heat rice in microwave according to package directions.

2 In a large skillet, cook and stir peas and chicken in hot oil over medium-high heat for 2 to 3 minutes or until peas are crisp-tender and chicken is no longer pink. Stir hot rice into skillet. Stir in soy sauce. Sprinkle each serving with almonds.

Dessert: Cheesecake Cracker
Ingredients:
whole-wheat graham crackers
part-skim ricotta cheese

Spread each graham cracker with ricotta cheese and jam. Enjoy.

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ELECTIONS FROM PAGE 1

with Marco Rubio, Crist made the decision to run as an Independent candidate rather than risk losing the Republican primary. Currently, Marco Rubio is leading over Charlie Crist in pre-election polls, while candidates Sink and Scott are in a very close race.
The elections are coming at a time when more Americans than ever are dissatisfied with President Obama and the Democratic-controlled Legislature. Several Senate races across the nation are being closely followed.
A large Republican victory could break the Democratic majority in the Senate. Rubio is staunchly Republican, but Crist is very moderate in his views, which would put him in a small minority of Independent Senators.
This would allow him to vote across party lines without facing significant criticism, which would drastically change the Senate.

Go to ontheissues.org and click on the Florida tab to see all the candidates' stances on the major issues. Be sure to get out and vote!

From across the pond

BY MARY CHUHINKO
Lions' Pride Staff Writer

A view from Lahinch

Picture courtesy of Mary Chuhinko

Hello out there in the Sunshine State! Mary here from the beautiful Emerald Isle.

Things have gotten pretty busy around here. School is in full swing with classes and tutorials. In my last article, I briefly mentioned the clubs and societies the University has to offer. Clubs and societies make up a huge part of life here. There are over seventy different clubs and societies to choose from.

Clubs are the sports teams on campus. They have everything from archery, American football, windsurfing, dancing and even sky diving. The most popular club on campus is the Outdoor Pursuits Club, which involves mountaineering, orienteering caving, hill walking and rock climbing.
The clubs welcome everyone from beginners to advanced. They teach new members the fundamentals and train the more advanced for competition. Everyone is welcome to compete, although that's not the main goal for these clubs.
The societies are what we Americans consider to be clubs. They offer anime, architecture, history, chess, drama and music. Societies welcome everyone to join and participate in the different events and activities.

The drama society, for example, has weekly workshops in dramatic skills and improvisation. Some of the societies also take weekends away to visit different locations either in Ireland or other places around Europe. For each club, a member has to pay an average of five dollars, and everything else is included. Such as, after the first meeting for the Outdoor Pursuits Club, they took us out to a pub and after that a club. They love to socialize here! Clubs and societies are a great way to get involved and meet new people without the stress of trying out or auditioning. The idea is for everyone to get involved.

That's all for now, see you all at the pub.

Coffee or tea? Which drink is better?

BY JESSICA PALLAND
MINDY PIERCE
Lions' Pride Online Editor and Sports Editor

Coffee and Tea selections; what will be the better choice? Courtesy of Greg Robinson

A study released from the University of Scranton states that coffee is America's number one source of antioxidants which protect the body from disease. Based on the average American diet, black tea was ranked second while bananas were third as most healthy.
Although coffee is a good source of antioxidants, the University of Scranton study suggests that variety is key to healthy drinking. They recommend intake of tea and red wine in moderate portions. According to the U.S. Department of Agriculture, America's intake of coffee per person was more than 8 ounces a day, which is roughly equivalent to a large cup.

Though coffee has antioxidants, it is not the best source of that in an American diet. Saying it was the best would be like saying white bread is American's number one source of fiber. Though white bread is most commonly used, and has fiber, it doesn't have nearly as much as whole wheat. Thus, although there are better sources for fiber and antioxidants, relevant to American's diet, coffee is where most people are getting their antioxidants from.

According to a study conducted by Jane V. Higdon and Balz Frei, coffee is a complex mixture of chemicals that provides significant amounts of chlorogenic acid and caffeine. For coffee drinkers, this is a good thing, as epidemiological research has shown that coffee helps prevent several chronic diseases including 2 diabetes Mellitus, Parkinson's disease, and liver disease. Higdon and Frei concluded that for adults, consuming a moderate amount of coffee (3-4 cups) has very little risk to health and has some health benefits.

While there are many good side effects to coffee, there are some negative ones. Coffee has been known to stain one's teeth, it can be addicting and one may get withdrawal symptoms, and too many cups of coffee a day (between 4-5 cups) can over-stimulate nerves creating headaches and nausea. Pregnant women should also not consume coffee as well as people who have heart disease.

For students and faculty, moderate amounts of coffee are beneficial, but what about athletes? An article *Caffeine & the Athlete* by Dr. Mark A. Jenkins suggests that the role of caffeine for athletes is still controversial, though it is generally agreed that for high intensity exercise (i.e. sprinting), caffeine does not appear beneficial, although it can enhance performance in endurance sports. Jenkins states that because glycogen is the principal fuel for muscles, exhaustion occurs when it is depleted. The body then resorts to its secondary fuel, fat. Intake of caffeine mobilizes fat stores, allowing for muscles to use fat fuel. This delays the depletion of muscle glycogen and allows for prolongation of exercise until exhaustion occurs.

However, caffeine affects each individual differently. Jenkins warns readers that although caffeine does not appear to significantly alter water balance or body temperature, dehydration may occur because caffeine is a mild diuretic. "Tea has antioxidants in it, but I prefer coffee," said head coach of Saint Leo men's and women's swim teams Paul Mangen.

A swimmer at Wheeling Jesuit University, Mangen, started drinking coffee his junior year of college. Being an endurance athlete, Mangen states that he was influenced from older athletes, primarily triathletes, in his coffee habits.
"I find that it has always positively affected my daily training and that it is like any other supplement, you have to use it, not abuse it," Mangen said. Mangen states he drinks one cup of regular coffee before his a.m. workout along with increase in water and food to prevent dehydration. For his p.m. workouts, Mangen says he drinks a cup of "half caf" in his daily routine. For racing, he doesn't consume caffeine the day before his race. Overall, with this system, Mangen has found that drinking coffee has been beneficial in his training as an endurance athlete.
So what about tea and how healthy is it really for one anyway? Well, the answer is not so clear.
It has been reported by Healthcastle.com that tea is the most commonly consumed beverage in the world after water. Tea originated in China, and is most popular in three countries in the world: China, Japan, and India.

It is also important for tea and coffee drinkers that tea has about half the amount of caffeine when compared to a cup of black coffee.

For health benefits, it really depends on the type of tea that one is consuming. For the most part, the most beneficial teas are black, green, white, and oolong. What separates these teas from the other herbal teas is that it comes from Camellia plant which contains polyphenols, a type of antioxidant.

Tea has also proven to be heart healthy, good for cholesterol, and helps fight skin cancer.

"I used to drink coffee a lot, but now I've started drinking tea instead and it makes me feel a lot healthier," said junior Alison Luthman.

"A large amount of caffeine is released from tea after the first 30 seconds of brewing. Dumping this content out and pouring new hot water is a neat trick." according to the-color-of-tea.com for people who wish to avoid caffeine.

It has also been found that tea abates appetite, so for those who are dieting, tea is a perfect drink. But do not get sucked into the marketing tricks of bottled green tea that claim to help one lose weight. There have been no proven studies that have shown weight loss up to date.

A living legend of Florida film

BY LINDSAY RENNER
Lions' Pride Advertising Editor

He has produced and directed upwards of forty films that can be found in 142 countries, has worked alongside Academy Award winners and other giants of the film industry, and never went to school a day in his life to master the craft of film. While this sounds like the plotline of a movie, this is really the day to day life of Ralph Clemente.

Clemente, chair of Valencia Community College's well-respected Film Production Technology program, came to Saint Leo's campus on September 30 for a speaking engagement. In one hour, Clemente briefly spoke on his life, his work, the program, and shared thoughts on life in general.

From the start, Clemente seemed destined for a life in showbiz. Both his parents worked in the film industry, and his grandfather operated a studio in Germany by the name of Aafa Films that would eventually become Albert Hitchcock's destination for the production of his first five films.

"All my degrees are from the school of experience and heritage," said Clemente.

The family's history in film, however, does not end with him: Clemente's son Robert Parker Clemente is currently a Production Assistant for the award winning series Mad Men on AMC, and worked on the upcoming film Love and Other Drugs, which is due to hit theaters in late November and features a star-studded cast including Anne Hathaway and Jake Gyllenhaal in its leading roles.

Clemente got his start teaching film classes more than 30 years ago. He first taught at the University of Miami. Clemente made a movie when he was there entitled Cease Fire in 1985 in response to the urging of a student of his who had served in Vietnam. This film, which was almost entirely student made and produced, went on to garner national attention. The film stayed on many critics' top ten lists for the remainder of the 1980's, and was even considered for an Academy Award.

From this point, Clemente's notoriety only grew. After Cease Fire's release, Clemente traveled around Florida doing various speaking engagements. At many of these events, Clemente said he noticed three women who turned out to be representatives from Valencia. At the time, Clemente was unfamiliar with the school. However, these women were extremely interested in bringing Clemente to their campus to teach film production, a field that Clemente initially bore no interest in.

Photo courtesy of Jo-ann Johnston

Ralph Clemente's address to students

"I'm a person of the heart and soul. I think creativity is not made with stuff, it's made with who you are", said Clemente in regards to his initial feelings on the production of movies.

Upon further review of his proposed contract, Clemente found that he could bring in people from the outside to assist him with the technical elements of filmmaking. From there, Clemente agreed to take the job, and, as they say, the rest is history. 23 years later, Clemente now runs one of the country's most successful film production programs.

"People came out better for having been in his program," said Dr. Donald Pharr, a former colleague of Clemente's and current Saint Leo professor.

"He does not tolerate prima donnas in his program, so people learn to check their attitudes at the door."

Many films produced at Valencia include well known actors and actresses. 2006's The Way Back Home features well known veteran actresses Ruby Dee and Julie Harris. In fact, Dee was nominated for an Academy Award for her role in 2007's American Gangster.

Clemente's work in social awareness projects is of equal or greater value to him as filmmaking. Among the projects that touched Clemente most was one he did for the Make a Wish Foundation. In accordance with the wishes of a girl dying of cancer who wished only to star in a movie, Clemente and others wrote a script, directed a film starring her, and premiered it with a red carpet and everything. The girl later went into remission and is still alive years later, despite the odds having been stacked so strongly against her.

"This is the power of doing good," said Clemente.

Ralph Clemente has led an interesting and unconventional life. In a world where some believe it is almost impossible to do anything without the obtainment of a college degree, Clemente has gone above and beyond. To Clemente, the ultimate message is this: "Follow your heart. Make your life count. Be somebody. Travel well. That's ultimately what I'm here to tell you, because that's how I've been living my life."

Denim Day

BY GEORGE VANERON
Lions' Pride Staff Writer

October 8,is Lee Jeans Denim Day. Denim Day has raised almost $80 million, $5 at a time. 14 years ago, in 1996, Lee National Denim Day was created. In the year of 1996, Lee Jeans' goal was to raise $1 million on this National Denim Day. This day is the largest single-day fundraiser in the entire nation for breast cancer. The employees of Lee Jeans realized that every owner of these jeans was touched by someone involved with breast cancer. To raise money for breast cancer awareness companies can work as a team to get the money in a better way. In response to this, that year they raised $1.4 million for the fight against breast cancer. They were to be the most captivating social acting campaigns for others to compare them to.

"Although each experience is unique, we are connected by our willingness to fight." said members of the Lee Jeans Company.

According to the company, "'1 in every 8 women will be diagnosed with breast cancer in her lifetime,' 'every 3 minutes someone is diagnosed with breast cancer in the U.S.,' and 'there are more than 2.5 million breast cancer survivors alive in the U.S. today.'" These quotes were written by the many people of Lee Jeans on denimday.com and everyone else who supports this foundation who gives charity to breast cancer.

"It is a good thing in our country. We need to help decrease the amount of breast cancer patients in our country," said freshmen Jarrod Gasper.

"I think it is a really good idea because donating to the cause will help improve breast cancer and reduce the amount of victims of cases of breast cancer," said freshman Nicole Rothchild.

The net proceeds from the Lee National Denim Day will go to the Women's Cancer Programs of the Entertainment Industry Foundation. There are many ways to create event ideas to raise money. When trying to raise money within a company, a couple of possible ideas are, Pass the Pants, Pink Baking Contest, Denim & Pink Costume Contest, Pink Bag Lunch Day, Window Décor, Denim Clothesline, and Honor Balloons/ Balloon Release. When trying to raise money through a school some of these things can be done: a Pink Fashion Show (for guys and girls), Denim Dance, Pink Pancake Breakfast, Friday Night Denim, Pink Lemonade Stand, or a Denim Date Dash. If the goal is to raise money with a group of friends or family, some of these ideas may work: Pink Cocktail Party, Pink Elephant Sale, Denim Cookbook, Pink Manicure/Pedicure Party, or the Pass the Pockets idea. All of these ideas will be shown off during National Denim Day to raise money for breast cancer awareness.

The reason for Denim Day is not just to raise money for breast cancer treatment; it is also to raise awareness that breast cancer is a serious problem for many people. Many people of the world have gone through the problem of having known someone or having breast cancer and surviving. It destroys families, but at the same time, it can connect families, uniting and bonding them to each other.

Photo courtesy of Microsoft Word

Wear denim jeans to raise cancer awareness

Senior seminar: preparing students for the future

BY JORDAN COATES AND JESSICA PALL

Lions Pride Editor in Chief and Online Editor

Photo by Donovan Rummel

Cerisi (left) and Shanahan (right) share their knowledge

Senior Seminar classes are often thought of to help students prepare for their entrance into the real world or to further pursue education. Doctor Kurt Wilt is doing just that in his English 498 class by inviting speakers from different professions and with different resources to speak during class.

On Monday September 20, Rita Cerisi, coordinator of Creative Writing at the University of South Florida, joined the class. Cerisi came prepared with information packets, answers to any and all questions, and encouraging advice for a future in graduate school. She was mostly focusing on USF's graduate program and more specifically a Master's of Fine Arts in Creative Writing. However, she had the information and answers for other programs as well. Cerisi said that she usually advises students to take a year off before pursing graduate school; however, due to the halt in employment opportunities, she suggests students jump at the chance to continue learning.

An MFA at USF can be earned in two and a half to three years, requiring 45 credit hours and nine hours of thesis. In a Q & A, the class found out that in these circumstances an MFA is preferable to an MA. This is mostly due to the fact that with an MFA students will always have the opportunity to teach. At USF they accept both full time and part time students, although they prefer full time.

After talking about the program itself, Cerisi gave some tips and advice on the process prior to attending graduate school. In this program at USF, the acceptance rate is small; on average, if 30 students applied, only six would be accepted. Because of this, and even the tough acceptance rates at other universities, she recommends students consider about half a dozen schools. Within these six schools, it is wise to pick safety schools that the student will more likely to be accepted into. She also advises to check thoroughly into financial assistance and to, "not pay a penny when you don't have to."

In this program and others, lots of scholarships are available. When searching the school, it is best to see how many students are supported to weigh the chances. Also an option is becoming a teaching assistant. This involves students taking classes, as well as teaching around two classes. For teaching the classes, some of the school cost is paid for, and it also serves as a great way to learn and earn good teaching experience. As well as researching the financial situation, she suggested to research the faculty, their work, and the success of past graduates. These are all factors that will help students have the best experience possible. Along with all of this, one very important and required task is taking and passing the GRE. The GRE is the Graduate Record Examination, which is basically the SATs all over again. Studying for this test well in advance is recommended, as is buying the GRE study books and studying in groups rather than taking GRE prep classes.

This valuable information is both informative and nerve racking. Nonetheless, she encourages all to go to graduate school and assures that it is a possibility for everyone. She closed her time in the classroom by reading a chapter from her novel that is in the works. This personal insight, necessary information, and network opportunity was a great way to set the students of English 498 in the right direction towards furthering their education.

Recent Saint Leo 2010 graduate, Colleen Shanahan, also spoke to the senior seminary class the following Monday, September 27 to discuss her low- residency MFA Creating Writing Program at Pine Manor College, which is ranked second for best national liberal arts college for racial diversity according to U.S. News & World Report.

Colleen was an English major who now works as a tutor in the Learning Resource Center in addition to her graduate studies.

Shanahan began her talk to the group of English seniors by encouraging them to pick topics for their senior seminary paper that they are truly interested in.

"The paper you write in senior seminary class could easily be the start for a project in graduate school," Shanahan said.

This is true for not only writers, but for any senior who is required to present a final project. What a student develops as an undergraduate could be the stepping stone for larger projects in graduate school.

Shanahan said that the her half creative/half research senior paper helped build her portfolio necessary to apply for the MFA program she is in and now has become a project she is working on rewriting.

Building up a substantial portfolio is essential for those wanting to apply for further education or jobs. For English majors, samples of previous papers, published poems, and articles should be included in the portfolio, but any work that best represents what you want to pursue should be added. Shanahan said she used her story from her Independent Writing Class as well as her Senior Seminary paper for her samples.

Students may know that applying to graduate schools is a long process. A benefit of MFA and other low-residency degree programs is that they have much later dates to apply according to Shanahan.

If students are interested in applying to a low residency program, the fall semester is the time to start building your portfolio and also taking the GRE Shanahan said. Winter break should be when the student works on gathering recommendations and in March, one should bring the package together and start applying.

Shanahan said that every month, she is required to send a packet of 25 pages of her work to her mentor. Every semester, she will go to the college for an extensive ten days of classes. Her program is small, with 20-30 students total, but Shanahan said the program has good things to offer.

"Being part of this program helps you look at your work in ways you didn't think possible," Shanahan said, who was surprised as the fostering community that she felt during the 10 days at the campus.

"Although the ten days are intense and you are mentally tired with the workshops, classes, and readings, it makes you push the limits with your writing, bringing further out the writer within."

When it comes to her time here in Florida, Shanahan acknowledged that there is more flexibility than traditional graduate programs, but said that it can be just as challenging to fit the recommended 25 hours spent on graduate work a week into a student's life full of responsibilities—bills, family, and work.

"However, it is a good introduction to experiencing what a writer's life is like," said Shanahan, who is now part of the adult world and had to excuse herself to go to a staff meeting.

Lovebug season has arrived

BY JORDAN STEVENS

Lions' Pride Staff Writer

It is that time of year again, Lovebug season, the time of year many love to hate. Get ready to start buying windshield wiper fluid, and start washing those cars.

Plecia Mearctia, commonly known as Lovebugs, are the small black flies seen flying all around this time of year. But for the most part they are seen smashed on the front of a car. These little insects are native along the Gulf Coast, especially in the state of Florida.

The name "Lovebug" has been given to the black colored flies because they are often seen flying around mating with one another. Even though one can find humor in the name, Lovebugs have become more of an annoyance over the years.

Lovebug season occurs twice a year. The first season happens between the months of April and May, and the second season starts at the end of September. Florida is known to have an occasional season starting in December. The seasons only last an average of four to five weeks.

Although a month may not seem horrible, the population of Lovebugs is extremely over whelming. For the most part, these insects are not shown any "love". During Lovebug season, the population of these insects seems to constantly be rising and becoming more of a nuisance, especially to motorist.

Lovebugs are known to travel in packs of hundreds or even thousands. The swarms are most commonly seen all over the roads and highways. Bumpers, hoods, and windshields of cars become covered with Lovebug remains, and if left on the paint for too long, it will cause chips in the paint, or worse permanent damage to the car. These insects are also known to clog radiator fins causing cars to overheat.

It seems the Lovebug's season just causes problems. With their population constantly growing, where are did they all come from?

An urban legend leaves some to believe Lovebugs are the result of a science experiment gone wrong. The legend states that scientist from the University of Florida created the Lovebug to help manage mosquito population, and as a result, the genetics experiment ended badly, and the Lovebug population exploded.

Is the urban legend true? Many scientists like to argue that migration explains the Lovebugs appearing in the state of Florida despite the myth.

Even though Lovebugs are completely harmless, they can cause serious damage to cars. There are many ways to help reduce the problem. Lovebugs do not fly at night. Therefore, by traveling at night, motorists avoid the insects completely. Driving at slower speeds will lessen the number of insects that will be splattered all over cars.

It is recommended that Lovebugs are washed off cars as soon as possible to avoid permanently damaging the paint. Also, the longer the insects are left on cars, the more difficult it is to remove them. Soaking the car with water for several minutes also helps in the removal. Another common way to help make Lovebug removal easier is to apply baby oil over the front of the hood, grill, bumper, and above the windshield of the car.

Motorists get those wash buckets ready to avoid damage to vehicles Lovebugs may cause. There are about five more weeks left of this Lovebug season. Until then, try to enjoy their company.

Arts & Entertainment

One Tank Travel: The *Wizarding World of HarryPotter*

BY JORDAN COATES
Lions' Pride Editor in Chief

This summer, Universal Studios lifted the spell and invited muggles into a magical land, frozen in time: *The Wizarding World of Harry Potter*.

More than five years in the making, the enchanted atmosphere of Hogsmead transforms tourists as they enter. Upon entry, the snow capped buildings with crooked chimneys, well remembered soundtracks, and the smoke billowing from Hogwarts Express train, bring muggles inside the pages of the famous novels and movies, Harry Potter. "The adventures of Harry Potter are among the most popular of our time – and we are bringing them to life. We will put our guests in the middle of a Harry Potter adventure. They will feel as if they are in the movies with Harry and his friends," said Tom Williams, chairman and CEO for Universal Parks and Resorts

On a guided journey of the Wizarding World, tour guides shared secrets with the group about the creation of this magic, starting with the Tricks and Jokes shop. Although the shop appears very similar and supplies some of the same tricks as the Weasley's Joke shop in Diagon Alley, it is actually another joke shop, Zonko's that was only briefly mentioned in the stories. Just next door is Honeydukes. The delightful candy store has everything from chocolate cauldrons, to Bertie Bott's Every-Flavour Beans, to chocolate frogs. The busy and tiny store is an incredible recreation of the shops in the stories. Just outside the sweet shop, another barrel of sugar is waiting. Anyone who has read or seen the movies probably recognizes the tasty drink the characters drink in Hogsmead, Butterbeer. The drink is delicious, frothy, and sweet. Served cold or frozen, tourists can finally put a taste to the illusions of butter beer. Although there is all the butter beer and pumpkin juice you can drink, the normal chain novelties are missing. Harry Potter never drank a Coke or ate a hot dog and neither do the crowds in this wizarding world. This created world is authentic to the stories through and through. They have even strived to make the employees authentic. Universal Studios has international programs that search for employees with English accents. Although some of the accents are learned, they sound as real as the British accents floating through Hogsmead.

What is missing from this world are the beloved characters from the series. In the seven books the characters and plots are constantly changing, making it hard to capture the world in a single glimpse. Therefore, at the request of J.K. Rowling, the characters will not be roaming the streets of this wizarding world. There are, however, many other witches and wizards filling the streets, working at shops, and wandering the castle. Guest can join the witches and wizards in the battle of dragons on the upside down, twisted coaster Dragon Challenge. Inspired by the first task in the Triwizard Tournament, the coaster allows riders to choose between the Hungarian Horntail and the Chinese Fireball dragon to battle; only narrowly avoiding collision, this ride is a frightening and exhilarating challenge. This ride and the Flight of the Hippogriff, inspired by Hagrid's Care of Magical Creatures Class, are both great attractions, however, they do not compare to the 2010 Best Theme Park ride, Forbidden Journey.

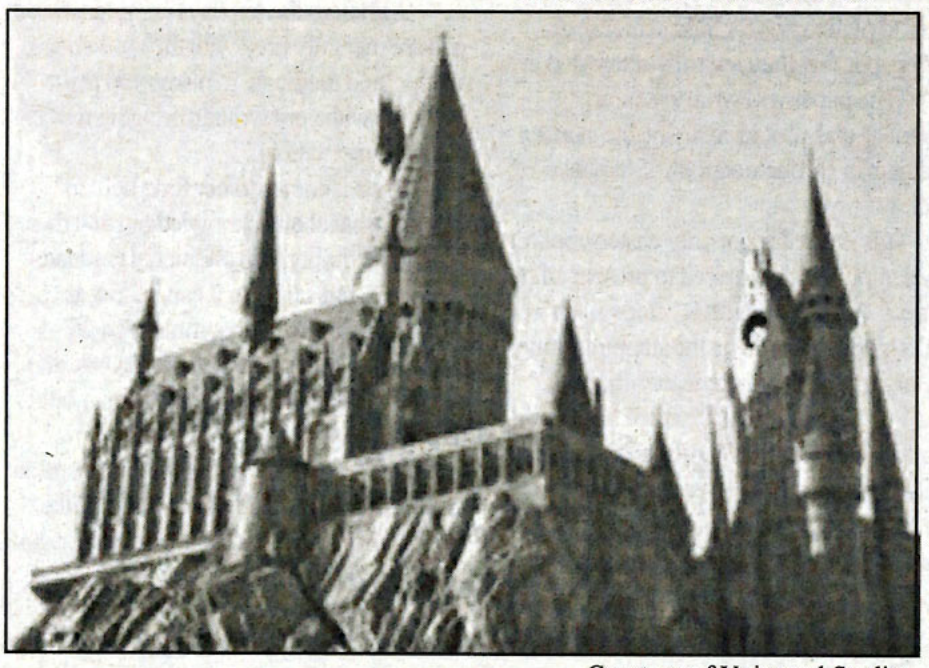
Forbidden Journey is quite the thrill. Through the stone gates of Hogwarts, the line leads through the castle where riders might encounter a few talking photographs, the founders of Hogwarts, Dumbledore in his office, and even the trio, Harry, Hermione, and Ron. These three take riders on a Floo powder journey through 12 scenes in the Harry Potter storyline. The ride zooms and spins through Hogwarts, through a Quidditch match, and into a close encounter with the Whomping Willow. A Universal press release revealed Harry Potter's own experience of the new ride: *"The ride is essentially a condensed form of the chaos of Harry's life," said Daniel Radcliffe.*

The Forbidden Journey is a thrilling attraction with new cutting edge technology and a mixture of in your face effects that will blow riders away. Although this ride is a thrill, it is not for those with weak stomachs. After all, it is a forbidden journey, so things can get extreme. The ride is contagious; unfortunately, the lines are usually long, so it is best to arrive early.

Another secret uncovered was the express pass. This allows tourists to use an express lane to reach the front of the lines. These ticket prices are higher but can almost double the amount of rides that could be ridden in one day. It seems like a luxury to walk directly to the front of the line on every ride. It is fair to say that those who use express tickets might never go back to regular entrance.

What tourists will really want to revisit is the Three Broomsticks and Hog's Head Pub. Elaborately decorated, three broomsticks was designed before the movie even came out. It features cafeteria style dining with several hearty selections. They even offer a family style authentic Harry Potter meal of salad, chicken, ribs, potatoes, vegetables, and corn on the cob. It is, as they call it, the great feast. Before leaving the Wizarding World, tourists should stop in the now franchised Olivando's wand shop and test out what wand suits best. A demonstration, very similar to that of Harry's wand selection, is given and all kinds of wands are there waiting for their witch or wizard.

Just an hour and a half away, the wizarding world awaits. It is sure to be a magical time and best yet, it will only take one tank of gas.



Courtesy of Universal Studios

Courtesy of Universal Studios

Clubbing again

BY SHAINA SMITH
Lions' Pride Staff Writer

As previously stated, the Lions' Pride is dedicated to getting students involved on campus and that is why this newspaper is introducing clubs every issue.

STUDENTS AGAINST IRRESPONSIBLE DECISIONS (SAID)

SAID is a student-run organization that promotes responsibility by providing alternatives to drinking alcohol and making irresponsible decisions. This organization also promotes peer health and wellness education by talking about such things as alcohol, partying, drugs, body image, dating/relationships, self esteem, and mental health. They provide fun programs such as Day of the Dead which shows the number of fatalities due to drunk driving each year, a DUI simulator to help understand the effects of drinking and driving, and motivational speakers to talk about pressing issues in our daily lives. SAID has many accomplishments that aid in the promotion of responsible decision making. They created the Night Spikers glow in the dark volleyball competition, the car crash reenactment, and a "To write love on her arms" program. SAID is looking forward to sharing its ideas to all of campus and throughout the community, and it could use all the help it could get. Any student can join SAID, and for more information, or to find out how to join, contact Heather Lavoie at heather.lavoie@saintleo.edu.

PSYCHOLOGY CLUB

Psychology club is an organization that helps students learn more about the field of psychology, work cooperatively with other students, gain leadership experience, and interact with faculty. The clubs activities include community service, volunteering, fundraising for academic and social events, trips to local psychologically related facilities, and ventures to local and regional psychological conventions. The students involved in the club have attended the Southeastern Psychological Association (SEPA), several local correctional facilities, and have even presented papers at both SEPA and the Florida Academy of Sciences. However, the Psychology club is not all work and all play. Bowling nights, movie trips, and club sponsored off-campus parties are also included with membership. For more information about the Psychology club or for information on how to join, contact Kevin Kieffer at kevin.kieffer@saintleo.edu.

If you would like your organization to become a part of this segment, please contact Shaina Smith at shaina.smith@email.saintleo.edu

The Hurt Locker and the core value of Excellence

BY GREG ROBINSON
Lions' Pride Multimedia Editor

The SLU film society kicked off the year with a showing of *The Hurt Locker* on Tuesday, September 21. The film was screened in the Greenfelder-Denlinger Boardroom in the Student Community Center. Pizza and light refreshments were served, and the screening was followed by a brief discussion on the core value of excellence.

As part of the film series this year, Dr. Donald Pharr and Carol Ann Moon, who organize the film society, are showing six films, with each film pertaining to one of the core values. *The Hurt Locker* was shown for the core value of excellence. The remaining five films will relate to the other five core values of Saint Leo University: community, respect, personal development, responsible stewardship, and integrity.

The core value of excellence is a bit ambiguous. In its broadest sense, it can mean striving for excel in all one's actions. Specifically, it could mean excellence in sports, excellence in academics, or excellence in virtue.

In the film *The Hurt Locker,* the protagonist is a bomb disposal expert in post-invasion Iraq. He strives to be the best at what he does, but in his quest for excellence he learns much about himself and the cost of excellence. His job is one of uncertainty, extreme stress, and fear.

To excel in such a difficult position, Sergeant First Class William James, played by Jeremy Renner, must remove himself from a normal life. Bomb disposal is one of the most dangerous jobs on the planet, and the character must emotionally distance himself from life outside of the warzone to accept the rigors of his job. However, his excellence in his job justifies his removal from reality.

The film, winner of 6 Academy Awards, was a sleeper hit in 2009. It realistically depicts the dangers bomb disposal experts face, as well as the immense pressure they are subjected to. The effect of such a traumatic job on Sergeant James is clearly obvious in the film. The dangers our troops encountered in Iraq and the uncertainty between victim and foe is at the forefront of the film. However, the psychological impact of such a job on a soldier is a major focal point as well.

Although the film shows the potential negative consequences of excellence, it also articulates how important it is to strive to do your best. This is true of work, school, social organizations, and extracurricular activities. Excellence in the line of duty is the highlight in this award-winning film.

Look for updates on campus for the next showing of the SLU film society.

October is...

Information Literacy Awareness Month!

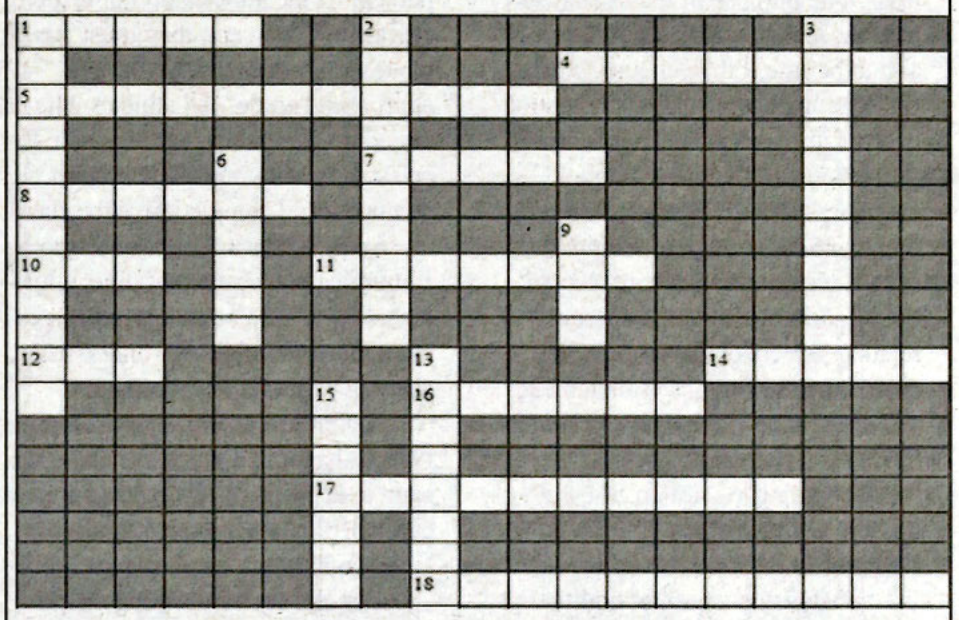
Complete the Library Crossword Puzzle for a Chance to WIN a COOL Saint Leo Prize!

ACROSS

1. Term used for an online full-text book
4. A multi-disciplinary database
5. Term used for books that can be checked out
7. One of Saint Leo's school colors
8. Saint Leo's Library Catalog
10. Full-text format that shows page numbers
11. The name of our citation help program
12. Use this to request a book from another library
14. This database contains PsycArticles
16. Collection of online full-text books
17. Another word for journal
18. Where you can renew a book

DOWN

1. A type of reference book
2. Author of The Great Gatsby
3. A database available only on campus
6. The library is named after this person
9. The last name of the president of SLU
13. Where to seek research assistance
15. A Saint Leo core value



*Deadline to submit completed crossword puzzle is Nov. 1, 2010. Submit your crossword (with contact info) to the Reference Desk or to the Circulation Desk. The entries with the highest number of accurate responses will be entered into a drawing for the Grand Prize. Odds of winning on the number of entries received. Only University Campus students are eligible. One entry per student.

Name: SLU email: Phone number:

CAB Events

BY CARSON HOLTON
Lions' Pride Copy Editor

The Campus Activities Board is busy as ever planning fun events for the student body. In the month of October, CAB is hosting an array of events worth checking out. Here are the ones that will be available this month:

- Tuesday, October 12 from 8 p.m. to 10 p.m. is another round of BINGO in the SCC Boardrooms. The doors open at 7:30 p.m. and the game includes over $1,500 in prizes. The prizes range from movie baskets, to popular game systems, iPods, GPS devices, cleaning supplies, and many more. Entry fee is one canned food item that will be donated to local churches and families in need.
- Thursday, October 14 from 8 p.m. to 11 p.m. will be "Moonlight Madness" which is an event in the gym that celebrates the start of the Women's and Men's Basketball season. This event will feature CAB's Comedy Showcase which will be hosted by actress/comedian Loni Love who has been featured on VH1, MTV, and TruV.
- CAB will host a trip to Halloween Horror Nights XX on Thursday, October 21, and a trip to Howl O Scream on Saturday, October 23.
- Wednesday, October 27 from 8 p.m. to 10:30 p.m. is another CAB movie night. This event will feature Twilight's newest installment: Eclipse. Popcorn, candy, and drinks will be provided at the showing, and the movie will be shown on a large blow-up screen between Crawford Hall and the Student Activities Building.

CAB is planning in advance for end of the year events. One of the events planned already is CAB's Winter Formal which will be held at the Florida Aquarium.

"We're hoping for a fun and exciting year. If you have any ideas or questions, come to me or any other CAB members." said Mike Castronuovo, CAB's vice president of activities.

The Social Network reviewed

BY CHERALYN BARRINGTON
Lions' Pride Layout Editor

According to the Facebook website, 250 million people log into their Facebook accounts every day. Furthermore, the website houses 500 million active members. Of those 500 million, 150 million access the social network directly from their mobile phones. How does a website become so popular?

The Social Network, a film based upon the true story of Facebook's creation, answers this question. The movie tells the story of how the site that begun as a social utility exclusively for Harvard undergraduates spread out to over 180 countries. In the film, the main creator of the site, Mark Zuckerberg, fights a battle over money and creative intelligence when his rights to the website are questioned. The movie is very detailed and shows the two lawsuits filed against Zuckerberg while simultaneously explaining how the story unfolded.

What made this movie the most interesting is how relevant it is to society nowadays. Facebook has made its way into the daily lives of people almost everywhere. It is quite intriguing to see the story behind the multi-billion dollar social network. Although the site brings joy and entertainment to millions each day, the website's origin is definitely not all smiles and sunshine. The movie portrays the dramatic, darker side of Facebook, which is the side that its users never see. In the beginning, Zuckerberg was responsible for the creation of the layout and functions of Facebook, as well as designing the computer coding, while his best friend, Eduardo Saverin, helped with the business aspects. Their relationship spirals downward when Zuckerberg involves Sean Parker, co-creator of Napster, the free music downloading program. Parker is played by an impressive Justin Timberlake, who delivers an impeccable slick, sly and powerful character. The situation between Saverin and Zuckerberg escalates until finally Saverin files an intense lawsuit against Zuckerberg who is also facing a lawsuit from twin brothers who insist he has stolen their idea for the site. Although he is faced with two huge dilemmas, the arrogant, yet witty genius, Zuckerberg, is able to battle both lawsuits while keeping his composure and managing the massive website.

In essence, the film is a dramatic masterpiece that uncovers a story many have never heard before. The actors are all fantastic, so the movie seems authentic, and manages to capture raw emotion and behavior. The film is refreshing, because all of the characters bring something different to the mix, and all hold high intelligence. In many films, the plot is only feasible because of the characters obvious lack of intelligence. *The Social Network* manages to captivate and entertain the audience without stripping the characters of intelligence, and without straying too far away from the real story. The film is an entertaining, witty, and dramatic stunning success.

Sports

Student Athletes Take Mandatory Online

BY MINDY PIECE
Lions' Pride Sports Editor

After all Saint Leo University student athletes attended a mandatory speaker about safety and alcohol education, everyone was told that they must take a two-part online alcohol class. The purpose of the class is to help the athletes make smart decisions and to be safe if they choose to drink.

The alcohol education prevention coordinator is Heather Lavoie and is the person who is raising alcohol awareness around campus, starting with our athletes. She at school to answer any questions about alcohol issues and to help raise awareness relating to alcohol on campus. Her email is heather.lavoie@saintleo.edu and she can be reached at (352) 588-8372.

According to saintleo.edu, the mission statement for the Counseling Department is:

"To develop a team of highly competent staff who are deeply committed to providing prevention, intervention, and modeling to encourage students to take responsibility for their mental, emotional, social, spiritual, physical, and occupational development to become contributing members in their community. In support of this mission, alcohol prevention aims to create a campus culture that supports responsible decisions surrounding alcohol."

All of the student athletes were given a deadline of September 30 to complete the class as well as pass a multiple choice test with at least a 75 percent. If the athletes do not receive at least a 75 percent, they must retake the test until they receive the appropriate grade. All athletes who do not complete the class are not able to participate in their respective sport practices until completion of the class.

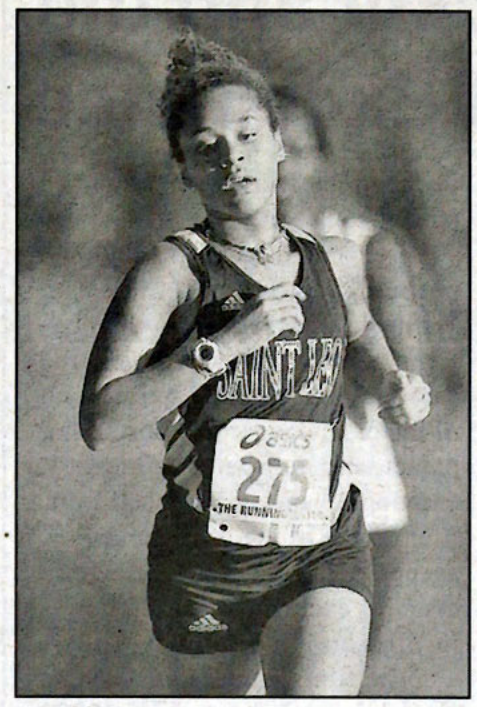
Some athletes found the test to be a nuisance and a waste of time, while others found it to be an opportunity to learn more about alcohol and to make safer and smarter decisions.

"I didn't mind the alcohol class and I learned a lot, but it doesn't make me want to drink any less," said senior baseball player Myron Kirchner.

A sophomore tennis player, Tom Gleeson, did not mind taking the class.

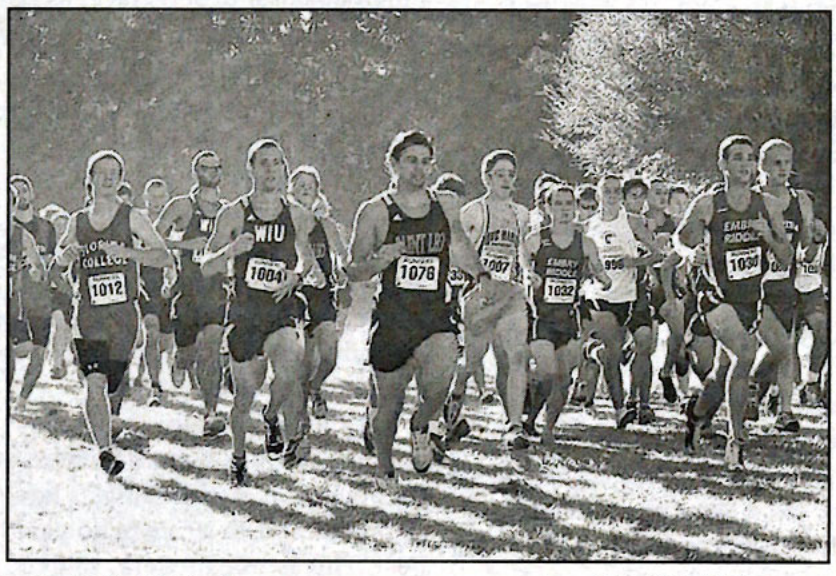
"I found the online alcohol class to be insightful. It reminded me of the underlying issues relating to alcohol within college life," said Gleeson.

Whether or not students wanted to take the class, it offered a lot of valuable information that can be useful throughout life.



Mariah Moss Photo by Mike Carlson

Regionally ranked Saint Leo Men's Cross Country takes a record-setting second place in the flrunners.com meet in Titusville, Florida on Friday, October 1 while Women's team placed a respectable third.



Senior Matt Attal begins race Photo by Mike Carlson

Senior Spotlight

BY JACOB STOUT
Lions' Pride Sports Writer

As a senior at Saint Leo University, Troy Zellman is enjoying his last months as a college student athlete. Zellman is a defender for the Men's Soccer Team. Hailing from Cape Coral, Florida, Zellman earned All-State recognition while in high school at North Fort Myers High School.

Zellman was thrown right into the mix as a freshman at Saint Leo and was a crucial part of a stingy defense which conceded less than two goals per game. His play as a freshman did not go unnoticed and Zellman was elected captain by his teammates the following year as a sophomore.

"Being elected captain in my second year at Saint Leo was my greatest personal accomplishment because it showed that the team saw me as a leader, and that was an honor to me," said Zellman.

Also during his sophomore year, Zellman played in what he said is one of his most memorable games. Opening Sunshine State Conference play on September 16, 2008, the Lions were hosting the #25 ranked University of Tampa Spartans.

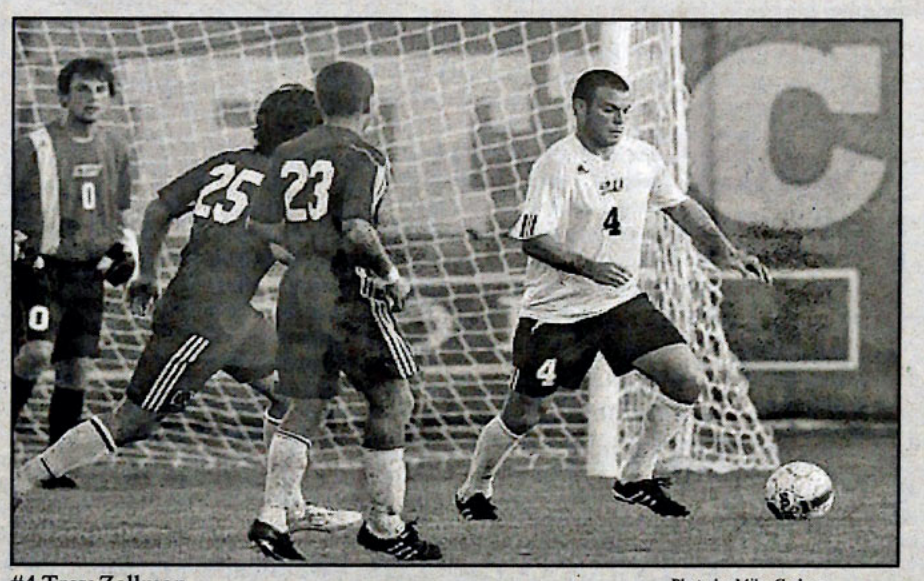
"We were definitely the underdog but we came out and battled and beat them convincingly. All the guys came out and worked really hard as a team," said Zellman. The Lions outplayed the Spartans 3-1.

"Our whole team has to have the desire everyday to come out on the field and work 100 percent. We also have to focus on doing the little things right, because the little things matter. When we as a group want to accomplish something, we are unstoppable," said Zellman

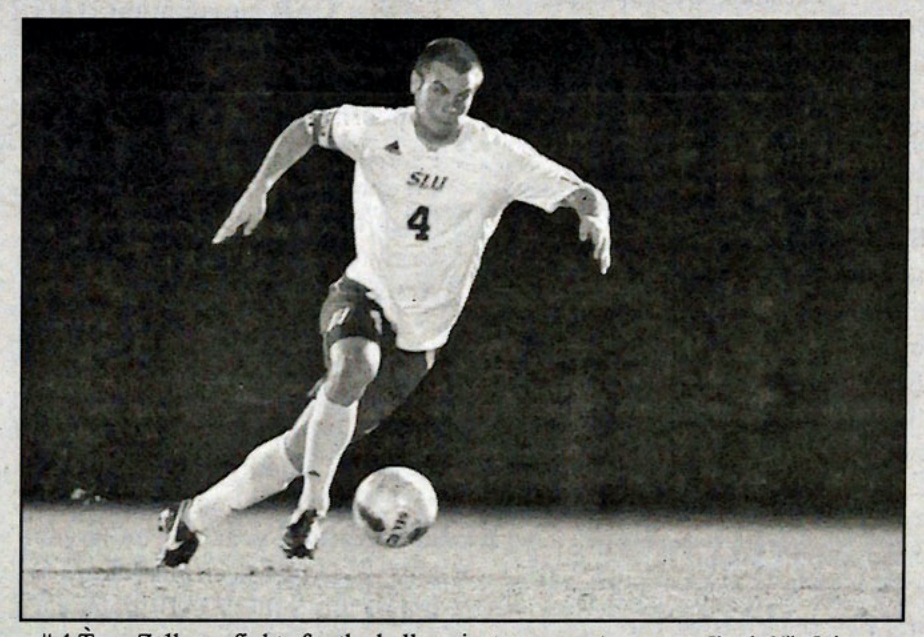
Troy has enjoyed his time at Saint Leo and has learned much as a student athlete.

"I've learned to make the most out of every moment. Time goes by way too fast and life is too short to take things for granted. I can't believe how few games I have left in my entire college career. It's unbelievable. But I know that I have to appreciate every moment because they will be gone before I realize it," said Zellman.

For Zellman's future after Saint Leo University, he hopes to work within the law enforcement field when he graduates. The Lions' Pride wishes Troy Zellman the best of luck for the rest of his senior year and in the future!



#4 Troy Zellman Photo by Mike Carlson



4 Troy Zellman fights for the ball against opponent Photo by Mike Carlson